GOLF SWING TRAINING APPARATUS

CROSS-REFERENCE TO RELATED APPLICATIONS

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STATEMENT REGARDING FEDERALLY SPONSORED RESEARCH OR DEVELOPMENT

[0002] Not Applicable

REFERENCE TO SEQUENCE LISTING, A TABLE, OR A COMPUTER PROGRAM LISTING COMPACT DISC APPENDIX

[0003] Not Applicable

FIELD OF THE INVENTION

[0004] The present invention relates to golf swing instruction and training means and devices relating thereto.

BACKGROUND OF THE INVENTION

[0005] There are many combinations of various biomechanical actions capable of maneuvering a golf club for a successful strike on a golf ball providing that they are relevantly related to a viable underlying concept.

[0006] Generally, golf swing instruction has been based on obvious aspects of the techniques of elite golfers as elicited from direct observation, photographs, films, and videos and as interpreted from their own descriptive writings.

[0007] That process envisages the actions associated with those technique aspects as relating directly to an ideal universally applicable single "swing plane" concept based on the slanted plane of action of the golf club head and assumes therefore that those actions are selectively adaptable to any other technique.

[0008] Ground rules of instruction evolving out of those perceptions are flawed because it is not within the biomechanical capabilities of the human form to appropriately perform actions relating directly to the slanted "swing plane" which, for an elite golfer, is actually the result of the observed actions being performed, either consciously or accidentally, in the context of a non-observable underlying secondary concept adapted to accommodate the biomechanical limitations.

[0009] For that reason the many devices that have been provided in the past for practicing aspects of golf strokes in accordance with those principles of instruction, without reference to a biomechanically appropriate underlying concept, have had limited effectiveness in inducing worldwide improvement in ball striking capability among ordinary golfers.

[0010] Those shortcomings in the prior art are overcome in the present invention which provides means for instruction and training in the execution of a golf swing method based on a concept of there being a lower phase related predominantly to a vertical virtual axis about which the body rotates and which melds smoothly through transitions with an upper phase related predominantly to a horizontal virtual axis which is tied to the vertical virtual axis and about which the arms swing.

[0011] When a golfer adopts an appropriate stance for a golf stroke the vertical virtual axis rises from midway between the ankles passing through the front of the lower body and out of the upper body midway between the shoulder blades at which point the horizontal virtual axis is tied to the vertical virtual axis in the vicinity thereof.

[0012] The combined action of the body turning around the vertical virtual axis and the arms swinging around the horizontal virtual axis results in the slanted "swing plane"

BRIEF SUMMARY OF THE INVENTION

[0013] In this Brief Summary and in the following Descriptions;

[0014] the terms "leading" and "trailing" refer to the forward ball striking action;

[0015] the terms "golf club" or "club" refer to a real or representation of a golf club and

[0016] "wrist cocking plane" refers to a plane in a fixed relationship to the forearms in which the club is rotated whilst cocking the wrists and which is established at the ball address position by coincidence with the vertical plane containing the club shaft which is right angled to a line extending away from a golfing target through the ball position.

[0017] "vardon" refers to a universally recognized method for gripping a golf club

[0018] The invention resides in interrelated positioning, indicating and guidance means adapted to be structurally and functionally co-operable with a golf club to provide for learning, practicing and performing any, some, or all of the essential aspects of the previously described golf swing method, those essential aspects being:

[0019] positioning and setting of the hands while gripping the club in a "vardon" style formation in respect to the wrist cocking plane,

[0020] cocked wrist configuration in respect to the forearms,

[0021] alignment of the grip formation and consequently the club shaft at the ball address and transition positions,

[0022] relationships of the arms, wrists, hands, and club shaft in respect to the vertical virtual axis by reference to the lower body in the lower phase and the transitions, and

[0023] configuration at the top of the backswing in respect to the vertical virtual axis and the horizontal virtual axis by reference to the extremity of the trailing shoulder.

BRIEF DESCRIPTION OF THE DRAWINGS

[0024] FIGS. **1***a*, **1***b*, **1***c* and **1***d* illustrate, sequentially, the performance of the golf swing method in accordance with the previously described concept wherein the line of action of the golf club within a slanted "swing plane" derives from the combined actions relating to a vertical virtual axis about which the body rotates and to a horizontal virtual axis which is tied to the vertical virtual axis and about which the arms swing.

[0025] FIG. **2** is a typical embodiment of the invention arranged to suit right handed use.